

# AFTERSCHOOL SNACK PROGRAM (ASP) • MENU FORM FOR AGES 6-18

Name of Site:

Week of:

<b>WEEK 1</b> <i>Select <b>TWO</b> of the four components <sup>1</sup></i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>MILK</b> , Low-fat (1%) unflavored or fat-free unflavored or flavored (1 cup) <sup>2</sup>					
2. <b>MEAT/MEAT ALTERNATES</b> Meat, poultry or fish (1 ounce) or Cheese (1 ounce) or egg (½ large) or Nut and seed butters (2 tablespoon) or Cooked dry beans and peas (¼ cup) or Yogurt (½ cup) or Nuts and seeds (½ ounce)					
3. <b>VEGETABLES/FRUITS</b> (¾ cup) <sup>3</sup>					
4. <b>GRAINS/BREADS</b> , whole grain or enriched <sup>4</sup> Bread (1 slice) or cereal (¾ cup) or Cooked pasta and grains (½ cup)					
Other <b>NONCREDITABLE</b> foods, e.g., condiments, cream cheese, pudding, popcorn ( <b>Do not count</b> ) <sup>5</sup>					
<b>WEEK 2</b> <i>Select <b>TWO</b> of the four components <sup>1</sup></i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. <b>MILK</b> , Low-fat (1%) unflavored or fat-free unflavored or flavored (1 cup) <sup>2</sup>					
2. <b>MEAT/MEAT ALTERNATES</b> Meat, poultry or fish (1 ounce) or Cheese (1 ounce) or egg (½ large) or Nut and seed butters (2 tablespoon) or Cooked dry beans and peas (¼ cup) or Yogurt (½ cup) or Nuts and seeds (½ ounce)					
3. <b>VEGETABLES/FRUITS</b> (¾ cup) <sup>3</sup>					
4. <b>GRAINS/BREADS</b> , whole grain or enriched <sup>4</sup> Bread (1 slice) or cereal (¾ cup) or Cooked pasta and grains (½ cup)					
Other <b>NONCREDITABLE</b> foods, e.g., condiments, cream cheese, pudding, popcorn ( <b>Do not count</b> ) <sup>5</sup>					

◀ See page 2 for important menu planning notes ▶

## MENU PLANNING NOTES

- <sup>1</sup> Reimbursable snacks must consist of two food items, each from a different food component. For example, a snack of carrot sticks and apple juice does not comply with the ASP meal pattern because both items are from the vegetables/fruits component. In addition to meeting the ASP meal pattern, snacks served in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes must also ensure that all snacks comply with the Connecticut Nutrition Standards (CNS). For more information, see the CSDE's [HFC](#) and [CNS](#) Web pages, and the CSDE's [List of Acceptable Foods and Beverages](#).
- <sup>2</sup> Milk must be low-fat (1%) unflavored or fat-free unflavored or flavored. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.
- <sup>3</sup> Serve whole vegetables and fruits most often. Juice must be full-strength (100 percent) juice and cannot be served when milk is the only other snack component.
- <sup>4</sup> All grain products must be whole grain or enriched. Breakfast cereals must be whole grain, enriched or fortified. Bran and germ credit the same as enriched or whole-grain meal or flour. All grain products must meet the minimum serving sizes in [Serving Sizes for Grains/Breads in the Afterschool Snack Program](#). Creditable grain-based desserts such as cookies, granola bars, toaster pastries, sweet rolls and cake cannot be served more than twice a week. Serve whole grains most often.
- <sup>5</sup> Noncreditable foods such as condiments, cream cheese, bacon, potato chips, pudding, ice cream and popcorn do not contribute to the ASP meal pattern. For more information, see [Noncreditable Foods in the Afterschool Snack Program](#).

For guidance on writing compliant snack menus, see the [ASP meal pattern](#) and the CSDE's [ASP Handbook](#).



For more information on menu planning for ASP, visit the CSDE's [ASP](#) and [Crediting Foods](#) Web pages or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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